

dotFIT - Trusted by Professionals

R&D for Nutrition Programs & Products

- Over 1,500 sport and fitness facilities
- Over 40,000 fitness professionals
- Trusted & Used by MILLIONS of Households
- Largest provider of 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports





dotFIT
GROW STRONG.™

Supporting Over 200 College & Pro Sport Teams

dotFIT Custom Group Previous Supplements of the Month -all available in your dotFIT U-TUBE Channel

Note: all products have extended video education found in your trainer console and dotFIT U-TUBE

- Feb 18 (2022), Intro to dotFIT, history, why nutrition, dF diff, future, play-span (Baseline supplementation)
- Mar 18 – All Proteins, Protein Intro, Updated Stats FAQs & Summaries
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs,
- May 6 – Fat loss intro review, ea. product sum w script & pack script
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein)
- Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs
- Nov 4 – MR Powders & Bars, Save Calories for The Holiday – LeanMR
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holiday displays
- Jan 6 – Popular Diets and New Year Resolution Bundles
- Feb 3 – Popular Gym-Goer Products for The New Year with all collaterals
- Mar 3 – Playspan®, Self-Care & Future of Fitness
- Oct 6 –Alln1 SuperBlend™ Launch: product rationale & ingredients and business logistics

Nov 10 – Your holiday weight control solution and a New Year's resolution you can keep. The Alln1 SuperBlend™ and your favorite protein

Support Recordings containing the full science of all products is in your trainer console under [“dotFIT Tools”](#) then [“Supplement Education”](#)



**Playspan® nutrition - and then some
Your daily complete nutrition solution**

Playspan® Nutrition to Perform Better & Stay Active Throughout the Lifespan

a life well played

Choices for all ages, lifestyles & diet preferences.

Less than \$2/meal



In dotFIT Clubs

Solving for deeper member penetration with the same message – and deliver more!



All life phases/genders

VMs are ac... plugs in yo... are operating at 100% without adding calories! Compared to 60-85% from diet alone

Keep all cylinders firing by supplying ALL the sparkplugs to your body's cells

Delicious high protein lactose-free 3rd party tested drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals and stay active

100s of healthy recipes – Smoothies & Baking

Keep all cells strong and communicating by supplying the healthy fatty acids most diets do not supply but are needed to recover, develop, and properly rebuild daily & support immunity



Shown to uniquely improve exercise performance and recovery – a primary recommendation for athletes

A PERFECT NUTRITION HACK

Your Complete 3rd party NSF-CS health Bundle

AND A WHOLE LOT MORE!

SRP: only \$129.94/m vs. \$331.23/m when purchased individually



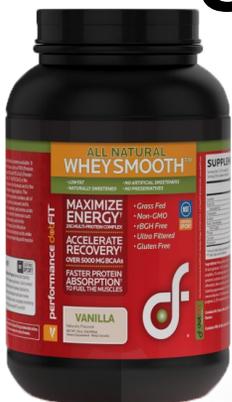
Highest quality protein in an ideal, lactose-free blend containing whey concentrate, isolate, casein & egg white. NSF-CS
Convenient & economical way to increase protein intake for any goal and great for baking! Our families love it!

Easy mixing with any fluids, fruits, etc., and great tasting with your Alln1 SuperBlend™ Visit the extended recipe section

And - Ashwagandha, Turmeric (curcumin) & Mushroom blend to battle stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing



OR



- One delicious drink mix that tested better than all competitors for taste and formulation.
 - Clinically documented safe and effective dosages
- A full day's worth of vitamins, minerals, antioxidants and more.
- 2 full servings of vegetables and 6 grams of fiber.
- **Supports gut and immune health**
- Powerful anti-inflammatory nutrients.
- Battles stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing
- Neuroprotection (brain health) and reduced impact of aging including supporting eye/visual performance
- More greens, fiber, vitamin D, pre & probiotics, omega-3s, turmeric, and mushroom blend than the competition.
 - i.e., clinically safe and effective dosages

Keeping it All-Natural or Vegan

All-Natural Superfood for SuperHumans

Learnings from our expanded focus group

Find your favorite way to integrate the Alln1 SuperBlend™ into your lifestyle to create the SuperHuman in you

Make yourself love it, so you continue to do something especially healthy for your body everyday.

Think about what The Alln1 SuperBlend™ is doing for you each day – feeding your cells their proper complete nutrition keeping them young and performing

Recipes available at www.alln1superblend.com/recipes

Take it easy and switch up the base, try something other than water!	Try mixing these in for an added boost:	Add these dotFIT Nutrition Science products to your blend:	
Fruit juice	Vanilla Protein Powder	All Natural WheySmooth	+ SuperBlend Tropical Smoothie
Coconut water	Amino Powder	AminoFormula	+ Orange Creamsicle Protein Shake
Yogurt or kefir	Creatine Powder	Creatine Monohydrate	+ Overnight Super Oats
Iced tea	Pre-workout Powder	Workout Extreme	+ Fruity Chocolate Pudding
Sparkling water	L-Glutamine Powder	Muscle Defender L-Glutamine	+ Triple A Workout Elixir
Sports drink			+ All in One Breakfast Pancakes
			+ Tutti Frutti Protein Smoothie

Orange Creamsicle Protein Shake - - Or - - Favorite Fruit Smoothie Protein Shake

Prep time: 2 minutes; total time: 3 minutes; yield: 1 serving

Description

• The perfect high protein one & done daily power shake, enjoy your daily nutrition with a boost of protein using this easy-to-make recipe

Ingredients

- 6 ice cubes with 1cup water* (for smoothie texture)
- 1 serving of Vanilla Protein Powder (we used dotFIT WheySmooth Vanilla)
- ½ - 1 scoop of Alln1 SuperBlend (You can choose to take 1 full serving or split the daily recommendation into 2-doses)
 - Optional: 2 servings favorite fruits

Instructions

- Combine all ingredients in a blender and blend until creamy or shake vigorously in a shaker bottle.
 - * Add more/less water or ice according to taste and texture preference

Nutrition facts based on 1 scoop of dotFIT WheySmooth and 1 scoop of Alln1 SuperBlend™

- 25gms protein, 16.5gm CHO, 4gms fat, 200mg calcium, 224mg potassium, 195cals (~375cals with 2 fruits)
- Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend; and 6gms of fiber (12-14gm with fruit) and 2 full servings of vegetables



YOU ARE NOW FREE TO CHOOSE YOUR REMAINING FOODS



Your holiday weight control solution and a New Year's resolution you can keep

- Controlling holiday weight gain
 - ✓ 1-shake (195-350c) and you are free to indulge as desired at holiday get-togethers
- Lifelong weight control solution
 - ✓ No other combination/recipe can accomplish this nutrition in this small amount of calories
- Intermittent fasting
 - ✓ Make this one of your meals in your eating window
- Supports/completes all diets
 - ✓ Fills the essential nutrition gaps to keep you firing on all cylinders - and keep building a resilient long-lasting structure (optimize daily performance and lifelong protection)
- A New Year's Resolution you can keep – because you want to
 - ✓ Consistent use will make you better & keep you active, so your Playspan[®] can equal your lifespan
 - ✓ Eat and live healthier without thinking about it



TOP 8 NEW YEARS RESOLUTIONS

2023

1. Exercise more

2. Eat healthier

More nutrition, less calories

3. Lose weight

4. Save more money

SRP \$129.94/m vs. \$331.23/m

5. Spend more time with family and friends

6. Spend less time on social media

7. Reduce stress on the job

Adaptogen blend w Ashwagandha (improve sleep & less cortisol)

8. Reduce spending on living expenses

Less grocery \$s to achieve Playspan® protein requirement



2022

1. Lose weight

2. Eat healthier or change diet

3. Get fitter and take more exercise

4. Spend more time with family and friends

5. Be more aware and take care of mental health

6. Sort out finances and cut back spending

7. Travel more

8. Take up a new hobby, sport or other interest

9. Be more environmentally friendly





Baseline Dietary Support - Plus

Playspan® Nutrition with Alln1 SuperBlend™ (SB)

SRP SB with protein \$149.95
\$166.90 w SuperO3

- **Alln1 SuperBlend™ (contains ActiveM, SAO, DE, UPB – PLUS)**
 - **Take as directed:** (1st 2-weeks ½ serving daily; 3rd week full serving daily; may take all at once or ½ in AM and ½ in PM; visit [recipe section](#) to incorporate as desired into daily lifestyle*

Daily as needed:

- Favorite [dotFIT protein mix \(WheySmooth, All Natural WheySmooth\)](#) and the all vegan [BestPlantProtein](#) are most popular and cover all diet types – all are lactose free)¹
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout (see below)**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- **SuperOmega-3**
 - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes
- **Super Calcium** (read all food labels for calcium content including dotFIT protein shakes)*
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake



Workout days

- **dotFIT Protein of choice¹. Use as directed to get:**
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately following exercise

¹May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience

***Most popular way of consuming SB daily is mixing it with water and 25gms of vanilla WheySmooth**

Nutrition facts based on 1scoop of WS and 1scoop of Alln1 SuperBlend™

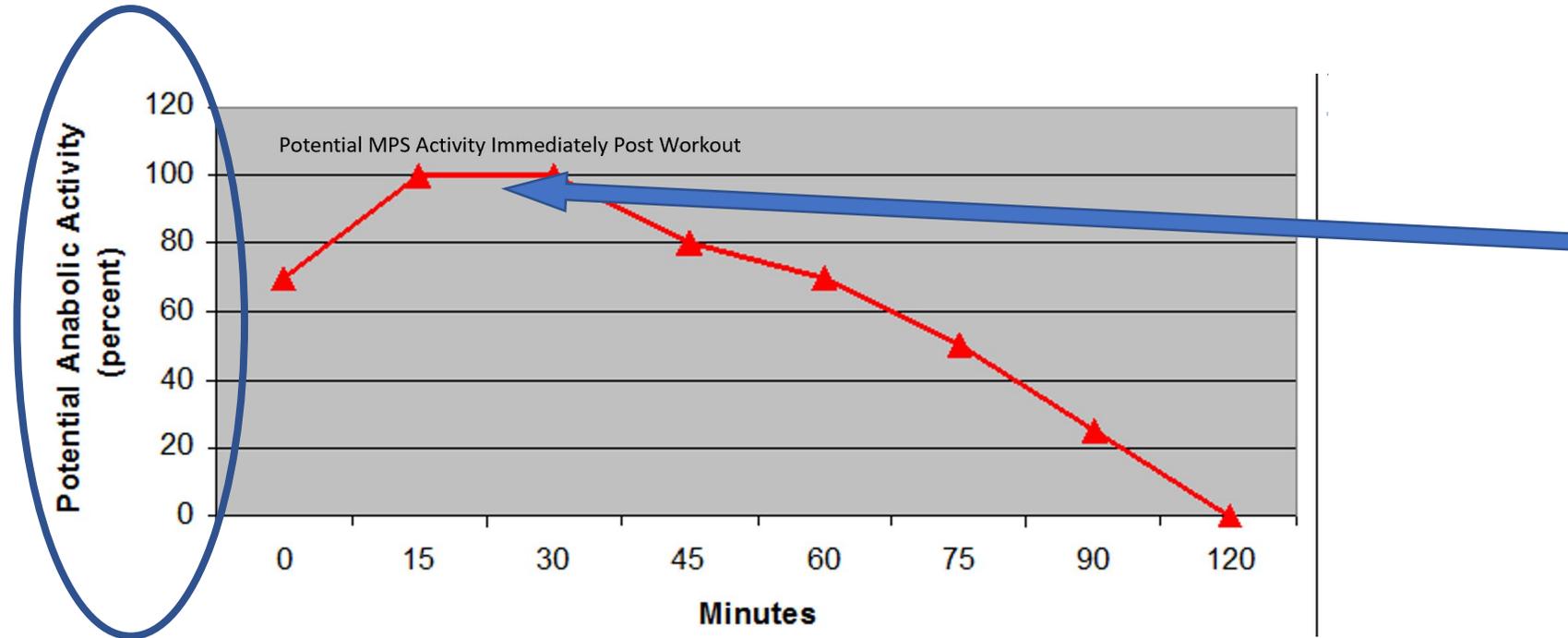
- 25gms protein, 16.5gm CHO, 4gms fat, 200mg calcium, 224mg potassium, 105cals
- Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend, along with 6gms of fiber and 2 full servings of vegetables
- As desired, add any fruit for the perfect one and done health habit

My go-to for presenting protein powder

Just the facts please & lead by example

Timing around exercise because it economically solves multiple needs

- Solid science shows a faster recovery, accelerated results compounds overtime – anti-aging
 - Whole food cannot accommodate the moment
- Shake before the gym creates an overall better feeling about working out/getting to the gym – tangible daily
- Helps Meet 1gm/LB/LBM requirement by getting 25g pre & 25g post for ~\$3-4 total. Economical & **faster than fast food!**



There is an exaggerated MPS response if & when exercise & AA converge -i.e., the so-called exercise-induced “Anabolic Window” is when nutrient sensitivity is highest

Incremental gains overtime & cuts down on more expensive proteins while adding to overall health & recovery

FEEL, LOOK, MOVE, PLAY AND LIVE BETTER LONGER

- *Get and stay fit for the holidays – and beyond*
- *Make your New Year's Resolutions stick*

Playspan® nutrition - and then some
Your daily complete nutrition solution
A Superfood for SuperHumans

THE PERFECT NUTRITION HACK

A day's worth of vitamins, minerals, antioxidants, and more all in one drink mix.

- All Natural
- Third-Party Lab Tested
- Vegan Friendly
- High Fiber (6 grams)
- Gluten Free
- Mushroom Blend
- No Added Sugar
- Essential Omega 3 Fatty Acids
- 10 Billion CFU Probiotics
- Ashwagandha
- No Artificial Flavors or Sweeteners
- Turmeric

AllIn SuperBlend supports:

- Immune Health
- Healthy Digestion
- Brain Health
- Skin Health
- Sleep Quality
- Healthy Inflammation
- Healthy Aging
- Stress Management
- Energy Metabolism
- Heart Health
- Bloat Relief
- Gut Health

2 servings of vegetables

- 25 KALE LEAVES
- 1 TB BROCCOLI FLOWER
- 1 TB BEET
- 25 CARROT
- 2 SPINACH LEAVES

WHEY SMOOTH™
MAXIMIZE ENERGY†
25G MULTI-PROTEIN COMPLEX
ACCELERATE RECOVERY†
OVER 5000 MG BCAAs
VANILLA
NET WT. 2.53 lbs (1148g)

AllIn SuperBlend™
ORANGE BURST
SUPERFOOD FOR A SUPER YOU
NET WT. 1.42 lbs (645 g)

dotFIT
GROW STRONG.™

TRAINING & MARKETING LIBRARY

Use for any or all these purposes

- **EXPERT PRODUCT SCRIPTS AND PRESENTATIONS (BEST PRACTICES)**
- **STAFF TRAINING MATERIALS (INCL. ON-BOARDING)**
- **CONSUMER HANDOUTS**
- **DIGITALLY SHARE ANYWHERE INCLUDING YOUR SOCIAL MEDIA AND MEMBERS**

MINDFUL WE HAVE THESE MATERIALS FOR ALL PRODUCTS

GOALS OF PROTEIN MIXES

BEYOND A LOW-CALORIE PROTEIN SOURCE



Mixes are flexible, convenient/portable & **economical** in meeting protein needs

Formulations of Protein mixes (protein, carbohydrates & fats) support one or more of the following goals ([Recipes](#)):

1. Meal Replacement as needed for weight loss and/or weight maintenance
2. Meal or daily supplement for muscle/weight gain
3. Pre & post workout formula to enhance exercise induced results especially within so called metabolic windows
4. Daily protein supplement to economically help meet the current increased protein recommendations to support:
 - ✓ Prolonged MPS, overall health, weight control & slow natural aging
5. Convenient delivery system of important nutrients including for kids – e.g., smoothies
 - a) Healthy starting mix to make it your way (e.g. fruits, vegetables, milk, etc.)
6. Fortifying baked goods (e.g. pancakes, cookies, bread, muffins, etc.)

•All Mixes can be altered as desired by adding other protein, carbohydrate and or dietary fat sources

•Mixes may be added to other foods/drinks including baking

[Recipes](#)

-All Mixes are Lactose & Gluten Free & 3rd Party Tested

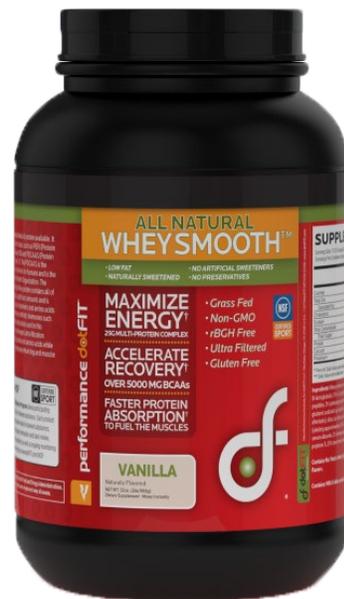
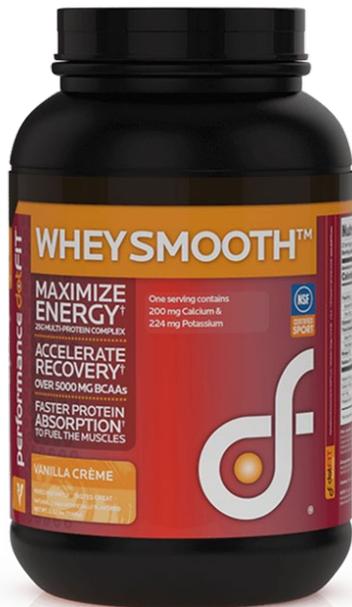


High protein per calorie mixes – flexibility

- **WheySmooth**
- **All-Natural WheySmooth**
- **BestPlantProtein**

AA profiles including EAAs are all matching with same basic macronutrient profile (P/CHO/F/Cals)

Therefore, same goals & recommendations - different customers



Expanded Recipe Section

Any powder can become a MR

The screenshot shows the top navigation bar of the dotFIT website. The logo 'dotFIT GROW STRONG.' is on the left. Navigation links include 'About', 'Nutrition Program', 'Resources', 'Learn', and 'Store'. A search bar is on the right. Below the navigation is a hero banner with a background image of a person's waist being measured. The text reads 'Healthy Recipes' in large white font, followed by 'quick & delicious shake mixes, breads, seafood, vegetarian and more...' in smaller white font.

A grid of recipe categories, each featuring a product image and a brief description:

- FirstString Recipes**: recipes using our perfect pre/post exercise drink mix that meets NCAA guidelines. Product: FirstString Energy Drink Mix.
- Pre/Post Workout Recipes**: recipes using our most diverse powder...meal, snack, or that perfect pre/post workout formulation. Product: FirstString Energy Drink Mix.
- WheySmooth Recipes**: recipes using our high quality protein with essential amino acids. Product: WheySmooth Protein Powder.
- LeanMR Recipes**: delicious recipes using our lower calorie, high fiber meal replacement formulation. Product: LeanMR Meal Replacement.
- Unflavored Protein Recipes**: dotFIT Unflavored Protein Recipes. Product: WheySmooth Protein Powder.
- Best Plant Protein Recipes**: Product: Best Plant Protein Powder.
- All Natural WheySmooth Recipes**: Product: WheySmooth Protein Powder.
- AminoFormula Recipes**: Product: AminoFormula Protein Supplement.

A grid of recipe categories, each featuring a food image and a title:

- Baking Recipes**: Image of blueberry muffins.
- Drink Recipes With LeanMR**: Image of four colorful smoothies in glass bottles.
- Protein Snack Recipes**: Image of eggs, flour, and a whisk on a dark surface.

dotFIT Protein Drink Recipes

<https://www.dotfit.com/dotFIT-Product-Recipes>

100s recipes - all SRP \$2-4/meal; protein 25-55gm



Fountain of Youth Shake

403 Calories/35gm protein
17gm fiber
332gm calcium



Berry Banana Smoothie

310 Calories/32gm protein
10gm fiber
300-440mg calcium

12wks 2-healthy meals/d \$463-SRP (20%=\$371): 180meals



Bermuda Triangle

403 Calories/30gm protein
5gm fiber
624gm calcium

Meal cost savings

12wks 2-healthy meals/d \$363-SRP (20%=\$288): 180meals



Julie's Pumpkin Pie Protein Shake

340 Calories/50gm protein
5gm fiber
500gm calcium

Include 1scoop of Alln1 SuperBlend™, add 35cal - *AND BANG! ONE DONE!*

WHEY SMOOTH (WS) – ALL GOALS



Headline

1) Flexible to your goal by starting with highest quality protein in low calories – make it your “whey”

WheySmooth

➤ Highest quality protein within very low calories, 3rd party tested, NSF-CS so it works for all goals. *Then aim the conversation to the goal:* performance, body composition, aging, weight/fat loss, recovery, etc. End with -Best tasting high-protein I’ve had, lactose free - and my family loves it!

✓ My go-to is the pre/post metabolic window – accelerate & additive/prolonged results while economically satisfying protein needs

➤ Great tasting lactose-free flexible low-calorie protein source to meet current protein recommendations and save money

✓ Add to anything to adjust the total meal (or daily) protein and other nutrient content as desired extra calcium and potassium fortification, and remain within a specific calorie allotment –all while and reducing the grocery bills

• **12 weeks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals**

✓ **Baking**



WHEY SMOOTH (WS) – ALL GOALS



Brian:

- Low carbohydrate
- Protein blend is made up of 5 proteins. The egg protein combined with the Isolate have the quickest absorption rate and highest anabolic effect on the muscles. Couple that with the 2 caseinates and the whey concentrate to feed the cell over a long period of time, the cell has what it needs to BUILD.
- Great for quick easy protein source to keep you at 1 gram of protein per LB of Lean body mass

Eve:

- Overcome inevitable loss of muscle due to aging. Everyone is aging. We never get younger.
- You can even cook with this protein powder! Make some protein waffles, muffins, and add it to your oats for extra protein! After all, you need 1G per LB of LBM.
- Let's play longer by doing everything we can to keep the muscle we have.

Kat:

- Convenient way to increase protein intake for any goal
- Highest quality protein in an ideal, lactose-free blend – whey concentrate, casein, egg white, whey isolate
- NSF Certified for Sport – third party tested for purity (no banned substances) and potency



ALL-NATURAL WHEY SMOOTH (ANWS) – ALL GOALS



Headline (same as WS but made for a different diet/lifestyle choice)

1) Flexible to your goal by starting with highest quality protein in low calories – make it your “whey” **with all natural ingredients**

All-Natural WheySmooth

- Highest quality **all-natural protein** within very low calories, 3rd party tested, NSF-CS so it works for all goals. *Then aim the conversation to the goal* (performance, body composition, aging, weight/fat loss, recovery, etc.) - or the unique product makeup because it matches their lifestyle/dietary choices
- Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free
- No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS
- **Great tasting flexible all-natural low-calorie protein source to meet current protein recommendations and save money**
 - ✓ Add to anything to adjust the total meal (or daily) protein and other nutrient content as desired extra calcium and potassium fortification, and remain within a specific calorie allotment –all while and reducing the grocery bills
 - **12 weeks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals**

✓ **Baking**

Manufacturer does NOT process ingredients containing milk, eggs, fish, shellfish, tree nuts, thus no allergen warnings



ALL-NATURAL WHEY SMOOTH (ANWS) – ALL GOALS



Brian

- Protein derived from cattle that are grass fed and free roaming
- Organic source of protein
- Complete amino profile

Difference btw ANWS and WS is on the label



Kat:

- Ideal and convenient high quality protein source for any goal
- Same profile as WheySmooth, but different ingredient sources: grass fed, gluten free, no artificial sweeteners
- NSF Certified for Sport – third party tested for purity (no banned substances) and potency

HIGHEST QUALITY PROTEIN WITHIN VERY LOW CALORIES, 3RD PARTY TESTED, NSF-CS SO IT WORKS FOR ALL GOALS

PICK YOUR GOAL AND MAKE IT YOUR WHEY

Ingredient	Amount Per Serving
Calories	160
Total Fat	3 g
-Saturated Fat	1 g
-Trans Fat	0 g
Cholesterol	60 mg
Total Carbohydrates	7 g
-Dietary Fiber:1 g	4%
-Total Sugars	2 g
Protein	25 g
Sodium	220 mg
Vitamin D	0 mcg
Calcium	200 mg
Iron	0 mg
Potassium	224 mg

Delicious high protein drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

Highest quality protein in an ideal, lactose-free blend containing whey concentrate, isolate, casein & egg white. NSF-CS
Convenient & economical way to increase protein intake for any goal and great for baking! Our families love it!

All-Natural version of the same whey product/formula, goals and outcomes Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free. No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS



[Many Healthy Delicious Recipes](#)

LACTOSE-FREE & FORTIFIED WITH CALCIUM & POTASSIUM



BESTPLANTPROTEIN (BPP) – ALL GOALS



Headlines:

- 1) High anabolic low-calorie formula for any goal for the vegetarian/vegan
- 2) All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies**
- 3) Fortified to Meet Whey Protein Profile With all-Natural & Vegan Ingredients

BestPlantProtein

- Highest biological (BV) plant protein to feed your muscles and support the environment
- Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO
- No gas or bloating as is common with other plant protein powders (enzyme package)

12 weeks 2 healthy meals/d \$354 SRP (20%=\$283): 180meals

Manufacturer does NOT process ingredients containing milk, eggs, fish, shellfish, tree nuts, thus no allergen warnings



BESTPLANTPROTEIN (BPP) – ALL GOALS



Brian:

- Derived from pea protein
- Friendlier to gut, reduce inflammation that may be caused from a dairy protein
- Complete amino profile that comes from our most natural source on earth; PLANTS!
- Protein that is environmentally friendly AND easy on the digestive system.

Difference btw BPP, WS & ANWS is on the label



Eve:

- Best Plant Protein – I say the same thing as I do for Whey but add ‘environmentally friendly’
- Best Plant Protein is fortified with essential amino acids from plant sources, so it is just as potent and powerful as whey protein for muscle protein synthesis.

Kat:

- Ideal protein powder for vegans and plant-based diets – no dairy, soy, gluten or artificial sweeteners
- Convenient way to increase protein intake to ideal levels to support any goal at 21 g/serving
- Pea protein, seeds and fortified with BCAAs to match the profile of whey, the highest quality protein source



HIGH ANABOLIC LOW-CALORIE ALL-NATURAL FORMULA FOR ALL GOALS FOR THE VEGETARIAN/VEGAN

All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies. No gas or bloating as is common with other plant protein powders (special enzyme package)



Highest biological (BV) plant protein to feed your muscles and support the environment. Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO

[Many Delicious Healthy Recipes](#)

BEST PLANT PROTEIN

VEGETARIAN PROTEIN SHAKE

- GLUTEN FREE
- NO DAIRY
- NO SOY
- HYPOALLERGENIC
- NON-GMO

21g Protein per serving

<1g Sugar per serving

8g BCAAs & Glutamine per serving

CHOCOLATE

Naturally Flavored
NET WT. 25.98oz (2.2lb / 1020g)
Dietary Supplement

SUPPLEMENT FACTS

Serving Size: 1 Scoop (About 34 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Sodium	280 mg	12%
Total Carbohydrate	7 g	3%*
Dietary Fiber	<1 g	4%*
Total Sugars	<1 g	**
Protein	21 g	32%*
Calcium	20 mg	2%
Iron	5 mg	28%
Potassium	50 mg	1%
Multi Source Plant Protein Blend:		
Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed	23 g	**
Branch Chain Amino Acids:		
L-Leucine, L-Isoleucine and Valine	4.5 g	**
Glutamine	3.5 g	**
Enzyme Blend:		
Alpha-galactosidase and Bromelain	110 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Inulin, Natural Flavors, Cocoa Powder, Stevia Leaf Extract (Reb A), Silica, Glycine, Xanthan Gum.

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

Alanine	840 mg
Arginine	1,680 mg
Aspartic Acid	210 mg
Cysteine/Cystine	210 mg
Glutamic Acid	3,313 mg
Glycine	959 mg
Histidine	420 mg
Isoleucine	1,458 mg
Leucine	2,088 mg
Lysine	1,470 mg
Methionine	210 mg
Phenylalanine	1,050 mg
Proline	840 mg
Serine	1,050 mg
Threonine	840 mg
Tryptophan	210 mg
Tyrosine	840 mg
Valine	1,458 mg

BEST HIGH WHEY PROTEIN AND FIBER MEAL SUBSTITUTE/REPLACEMENT AVAILABLE TO CURB HUNGER, CONTROL CALORIES, FEED MUSCLES AND STARVE BODYFAT SO YOU CAN ACHIEVE AND MAINTAIN YOUR DESIRED BODY COMPOSITION. FORTIFIED WITH CALCIUM & POTASSIUM

One Serving (2 Scoops):

- 170-180 Calories
- 21g Whey Protein Isolate
- 21-23g Sustained Release Carbs
 - Digestion resistant maltodextrin (Fibersol-2)
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 235 mg Calcium
- 271 mg Potassium



Sustain release/digestive resistant carbs to deliver longer lasting energy and curb carb cravings –lactose free

High in specialized fiber, incl. **3gms beta-glucan** to help stay satisfied to ease the weight/bodyfat loss journey

Best tasting & effective whey high protein & fiber, low calorie meal replacement available -all my clients that use it love it, because also reduces necessary grocery costs

Many Healthy [Recipes](#)

Meal replacements/substitutes are the #1 weight control solution

Alln1 SuperBlend™

The Simple Nutrition Solution That
Leaves No One Behind

What Alln1 SuperBlend is **Solving for Globally**
*an economically convenient solution to create
a healthier population*

A Superfood for SuperHumans



A Superfood for SuperHumans



AllIn1
SuperBlendTM

ORANGE BURST



SUPERFOOD FOR A SUPER YOUTM

DIETARY SUPPLEMENT | NET WT. 1.42 lbs (645 g)



2 servings of vegetables



31 KALE LEAVES



1 1/4 BROCCOLI FLORET



1/9 BEET



2/5 CARROT



5 SPINACH LEAVES

A day's worth of vitamins, minerals, antioxidants, and more all in one drink mix.

- All Natural
- Third-Party Lab Tested
- Vegan Friendly
- High Fiber (6 grams)
- Gluten Free
- Mushroom Blend
- No Added Sugar
- Essential Omega 3 Fatty Acids
- 10 Billion CFU Probiotics
- Ashwagandha
- No Artificial Flavors or Sweeteners
- Turmeric

AllIn1 SuperBlend supports:

- Immune Health
- Healthy Digestion
- Brain Health
- Skin Health
- Sleep Quality
- Healthy Inflammation
- Healthy Aging
- Stress Management
- Energy Metabolism
- Heart Health
- Bloat Relief
- Gut Health

Alln1 SuperBlend™ The Simple Nutrition Solution That Leaves No One Behind

the perfect nutrition hack

Corrects food intake to meet expert recommended levels of nutrition & checks every box



- One delicious drink mix that tested better than all competitors for taste and formulation.
 - Clinically documented safe and effective dosages
- A full day's worth of vitamins, minerals, antioxidants and more.
- 2 full servings of vegetables and 6 grams of fiber.
- Supports gut health.
- Powerful anti-inflammatory nutrients.
- Battles stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing
- Neuroprotection (brain health) and reduced impact of aging including supporting eye/visual performance
- More greens, fiber, vitamin D, pre & probiotics, omega-3s, turmeric, and mushroom blend than the competition.
i.e., clinically safe and effective dosages

Plus - it checks every box!

- All natural and made in USA
- Plant based
- Dairy and lactose free
- Gluten/wheat free
- No GMOs
- No added sugars
- No artificial sweeteners, flavors, or colors
- No corn, eggs, or peanuts
- 3rd party tested & NSF Certified for Sport
- Diet friendly: Vegan, Vegetarian, Keto, Paleo, Low carb, Gluten Free

A Superfood for SuperHumans

Cost Comparison dotFIT + Other Products VS Alln1 SuperBlend™



ActiveMV
\$21.95



Superior Antioxidant
\$33.95



Omega3
\$35.00



Digestive Enzymes
\$13.95



Ultra Probiotic
\$28.95

Cost Comparison of dotFIT Pills (or like-competitors) combined with other ingredient/formulas that are contained in the Alln1 SuperBlend™ at proper dosages

\$271.24
ALL TOGETHER

vs

\$89.95
ALL INCLUDED



- Full day of vitamin's & minerals
- **Antioxidant Blend**
- Omega-3 Fats
- **Digestive Enzymes**
- Probiotics
- **Greens (2 servings of veggies)**
- Excellent Source of Fiber (6gm)
- **Mushroom Adaptogens (1,200 mg)**
- Curcumin (200 mg)
- **Ashwagandha (500 mg)**

Garden Of Life
\$39.99



Metamucil Psyllium
\$14.50



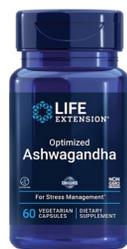
Hekate
\$39.95



Vega Sport Curcumin
\$26



Life Extension
\$17



Most Importantly Solving For:

Your 100% defensible better offering so people get the *long-term results* they expect, which is to:

Feel, Look, Move, Play and Live Better Longer b/c dosages are clinically effective and safe – and professionally delivered



Highlights and Comparisons

All in 1 SuperBlend™



Alln1 SuperBlend™ VS Athletic Greens/AG1

Efficacy comparison

AG1: individual ingredient dosages of blends are unknown and not disclosed, but total measurement exposes the impossibility of containing clinically effective doses of the blends

- Consumers unknowingly purchasing an under-formulated product with **“window dressing”**

Alln1 SuperBlend™

- Fully disclosed with peer review documentation and 3rd party tested clinically safe and effective doses of all ingredients
- Evidence-based dosage with full disclosure

Cost comparison

- SB: online 89.95/m (your member) and we pay you \$25.50; in club sales = \$45 profit/unit (\$99.95 SRP)

VS

- AG1: 88.95/m – no rev-share or in club sales



Alln1 SuperBlend

Benefits, Features and Key Ingredient Comparisons	Alln1 SuperBlend™	Athletic Greens
BENEFITS		
Complete Supply of Daily Vitamins & Minerals	Yes	No (missing Vit D, K* Iodine, Iron)
Two full servings of vegetables	Yes	No
Supports Gut Health & Digestion	Yes	Yes
Anti-Inflammation	Yes	No
Aids Recovery	Yes	Yes
Antioxidants/Cell Protection	Yes	Yes
Supports Eye Health	Yes	No
Reduced Impact of Aging	Yes	Yes
Brain Health/Neuroprotection	Yes	No
Excellent Source of Fiber	Yes	No
FEATURES		
All Natural	X	X
Made in the USA	X	No
Plant Based	X	X
Dairy & Lactose Free	X	X
Gluten Free	X	X
No GMOs	X	X
No Corn, Eggs or Peanuts	X	X
No Added Sugar	X	X
No Artificial Sweeteners, Flavors or Colors	X	X
NSF Certified for Sport	X	X
Diet Friendly: Vegan, Vegetarian, Keto, Paleo, Low-Carb, Gluten-Free, Intermittent Fasting	X	X
KEY INGREDIENTS		
Fiber	6g	2g
Greens & Veggie Blend	5 g	Cannot determine amount
Vitamin D	960 IU	0
Omega-3 Essential Fats	330 mg	0
Turmeric/curcumin	200 mg	0
Ashwagandha	500 mg	Cannot determine amount
Probiotics	10 Billion CFU	7.2 Billion CFU
Adaptogenic Mushroom Blend with digestive enzymes	1,200 mg +10mg digestive enzymes	154 mg (total with unknown digestive enzymes)
Antioxidant Blend	Cannot Determine Amounts	Cannot Determine Amounts
• Carotenoids (lycopene, zeaxanthin, lutein)	20 mg	0
• CoQ-10	100 mg	Unknown
• Alpha Lipoic Acid	200 mg	Unknown

Supplement Facts

Serving Size: 1 Scoop (21.5g)
Servings Per Container: 30

DIRECTIONS: Take 1/2 serving for first 2-weeks; then start full serving as directed.
Adults 18 years and over, take one serving daily with ~12 oz of fluid
Children 12-17 years take ½ serving daily with ~6 oz of fluid

- ✓ Take once daily or divide as desired.
- ✓ Drink it anytime with or without food.
- ✓ Add to a smoothie or protein shake mix.
- ✓ Recipes available at www.allnlsuperblend.com/recipes
- ✓ **NO REFRIGERATION NEEDED**

Calories		35	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	1 g 1%	Magnesium (from magnesium citrate)	160 mg 38%
Saturated Fat	<1 g <1%	Zinc (from zinc citrate)	12 mg 109%
Trans Fat	0 g	Selenium (from Selenomethionine)	100 mcg 182%
Cholesterol	0 mg 0%	Copper (from copper gluconate)	800 mcg 89%
Total Carbohydrate	9.5 g 4%	Chromium (from chromium polynicotinate)	100 mcg 286%
Dietary Fiber	6 g 21%	Organic Inulin (from Agave)	6000 mg **
Total Sugars	1 g	Truserv® Organic Vegetable Blend:	2500 mg **
Includes 0g added sugar	0%	Organic beet (root), organic kale (leaf), organic carrot (root)	
Protein	<1 g	Truserv® Organic Greens Blend:	2500 mg **
Vitamin A (from beta carotene)	1920mcg RAE (6400 IU) 213%	Organic kale (leaf), organic broccoli (whole), organic spinach (leaf)	
Vitamin C (from ascorbic acid)	640 mg 711%	High omega flaxseed (containing 330 mg of essential omega 3 fatty acids)	1000 mg **
Vitamin D3 (from cholecalciferol from organic algae)	25 mcg (1000 IU) 125%	Ganoderma lucidum (mushroom) extract (30% polysaccharide)	600 mg **
Vitamin E (from d-alpha tocopherol succinate)	161 mg 1073%	Chaga (mushroom) extract (30% polysaccharide)	600 mg **
Vitamin K (as K1, phytonadione and as K2, menaquinone-MK7)	80 mcg 67%	Ashwagandha (root) extract 4:1	500 mg **
Vitamin B1 (from thiamine mononitrate)	8 mg 667%	Alpha lipolic acid	200 mg **
Vitamin B2 (from riboflavin)	4 mg 308%	Turmeric (root) extract (95% curcuminoids)	200 mg **
Vitamin B3 (from niacinamide)	24 mg NE 156%	CoEnzyme Q10	100 mg **
Vitamin B6 (from pyridoxine 5 phosphate)	4.8 mg 282%	Digestive Enzyme Blend:	10 mg **
Folate (200mcg, from calcium L-5-methyltetrahydrofolate)	333 mcg DFE 83%	Amylase, Protease, Cellulase, Beta-D-Galactohydrolase, Lipase	
Vitamin B12 (from methylcobalamine)	25 mcg 1042%	Lycopene	10 mg **
Biotin	200 mcg 667%	Probiotic Blend:	100 mg **
Vitamin B5 (from d-callum pantothenate)	5 mg 100%	Bacillus coagulans - SNZ-1969, Bacillus clausii - SNZ-1971 and Bacillus subtilis - SNZ-1972	10 B.CFU
Choline (from choline bitartrate)	160 mg 29%	Lutein	6 mg **
Iron (from iron amino acid chelate)	8 mg 44%	Zeaxanthin	4 mg **
Iodine (from iodine amino acid chelate)	40 mcg 27%	Black pepper (fruit) extract	5 mg **

*The % Daily Value (DV) established based on a 2,000 calories a day diet. **Daily Values not established.

Other ingredients: Citric acid, natural flavors, stevia (leaf) extract, and pink himalayan salt.
Contains No: Sugar, salt, dairy, gluten, yeast, fish, crustacean shellfish, tree nuts, peanuts, preservatives, artificial colors or flavors.

Published and documented clinically effective dosages for all ingredients



Alln SuperBlend™

Supplement Facts

Athletic Greens (and most others) Individual ingredient dosages of blends are unknown but total mgs exposes impossibility of clinically effective doses

Undisclosed individual blend ingredients should be a non-starter for everyone

	Amount per Serving	% DV
Calories	50	
Total Carbohydrate	6g	2%**
Dietary Fiber	2g	7%**
Total Sugars	< 1g	†
Protein	2g	4%**
Vitamin A (as beta-carotene)	555mcg RAE	62%
Vitamin C (ascorbic acid)	420mg	467%
Vitamin E (as d-alpha tocopherol succinate)	83mg	553%
Thiamine (Vitamin B1)(as thiamine hydrochloride)	3mg	250%
Riboflavin (Vitamin B2)	2mg	154%
Niacin (as nicotinic acid, nicotinamide)	20mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride)	3mg	176%
Folate (as 5-MTHF)	680mcg DFE	170%
Vitamin B12 (as methylcobalamine)	22mcg	917%
Biotin (Vitamin B7)	330mcg	1100%
Pantothenic acid (as calcium pantothenate)	4mg	80%
Calcium (as calcium citrate 300mg, calcium carbonate, calcium phosphate)	118mg	9%
Phosphorus (as potassium phosphate 280mg, calcium phosphate)	130mg	10%
Magnesium (as magnesium glycinate 200mg)	26mg	6%
Zinc (as zinc citrate)	15mg	136%
Selenium (as selenomethionine 5mg)	20mcg	36%
Copper (as copper gluconate 2mg)	195mcg	22%
Manganese (as manganese amino acid chelate 4mg)	400mcg	17%
Chromium (as chromium picolinate)	25mcg	71%
Sodium	45mg	2%
Potassium	300mg	6%

	Amount per Serving	% DV
Alkaline, Nutrient-Dense Raw Superfood Complex	7388mg	†
Organic spirulina, lecithin (65% phosphatides), organic apple powder, inulin (FOS prebiotics), organic wheat grass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley (Hordeum vulgare) leaf powder (leaf), acerola fruit juice powder extract (4:1), broccoli flower powder, papaya (Carica papaya) fruit powder, pineapple fruit concentrate (9:1), bilberry fruit extract (100:1), beet root powder, rose hip (Rosa canina) fruit powder (4:1), carrot root powder, spinach leaf powder, cocoa bean polyphenol extract, grape seed extract (120:1) (std. 95% OPC), green tea (Camellia sinensis) extract (leaf) (10:1), licorice root powder, lycium berry fruit extract (4:1), ginger rhizome powder, slippery elm (Ulmus rubra) bark powder, kelp whole plant powder.		
Nutrient Dense Extracts, Herbs & Antioxidant	2732mg	†
Alkaline pea protein isolate, citrus bioflavonoids extract, artichoke leaf extract (15:1), citric acid (anhydrous), rhodiola (Rhodiola rosea) root dry extract (15:1), eleuthero (Eleutherococcus senticosus) root extract (10:1), rosemary leaf extract (4:1), milk thistle seed extract (70:1), R,S alpha-lipoic acid, ashwagandha (Withania somnifera) root extract (5:1), dandelion whole plant dry concentrate (4:1), hawthorn berry extract (10:1), beta glucans, policosanol, coenzyme Q-10 (ubidecarenone), stevia (Stevia rebaudiana) leaf powder, Vitamin K2 (as menaquinone-7).		
Digestive Enzyme & Super Mushroom Complex	154mg	†
Astragalus (Astragalus membranaceus) root powder extract (4:1), bromelain (dietary enzyme), burdock root powder (4:1), reishi mushroom powder, shiitake mushroom powder.		
Dairy Free Probiotics 7.2 billion CFU	38mg	†
Lactobacillus acidophilus - UALa-01, Bifidobacterium bifidum - UABb-10		

** Percent Daily Value (DV) are based on a 2000 calorie diet.
 † Daily Value not established.

Other Ingredients: Natural flavors

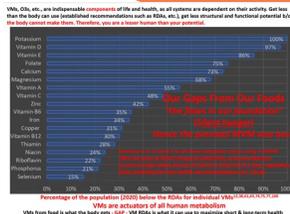
This product contains a premium lecithin for phosphatidyl serine and phosphatidyl choline content. It is derived from SOY. This product has been tested and contains NO SOY trypsin inhibitor or other soy proteins.

Complete multi-pronged approach *daily performance & protection*

1 Complete vitamin & mineral, antioxidant, omega-3 fatty acid & energy compound blend

Solves for:

Filling in daily critical nutrient gaps that all diets leave, so that you can feel, look, move, play and live better longer without adding calories



Primary Known Under-Consumed Essential Nutrition (our building material) also lack: Fiber and Omega-3s, also critical in development & maintenance. *90% of short of RDA Omega-3s, recommendations



Completes your vitamin/mineral and omega 3 fatty acids (O3) needs, as VMs are actuators of all human metabolism along with O3s. These components operate in all systems including our CV, energy, muscular, brain, immune, skeletal, stress, appetite, etc., systems

- Contains the known under-consumed omega-3 fatty acids & VMs with extra vitamin C,D and choline
- Foods supply 60-85% of what the body can use (RDAs), we need 100% to maximize VM activities

Supplies other nutrition shorted by diet, stress & aging to deliver extra protection from free radicals and runaway inflammation, while supporting exercise/daily recovery, skin health, energy production & immunity



- Restore/maintain body levels of lycopene, lutein, zeaxanthin, CoQ₁₀ & alpha lipoic acid to effective youthful/recommended concentrations to support enhanced energy, improved stress recovery, and unique structural and functional support for the maintenance of visual performance*, cardiovascular, skin, immune and brain health

*Maximizing visual Performance including visual processing speed, which is the amount of time needed to make a correct judgment about a visual stimulus

Complete multi-pronged approach *daily performance & protection*

2 Pro & prebiotic, digestive enzymes & veggie/greens blend

Solves for:

Transforming your microbiome & digestion
Supplying natural nutrition not available through diet with caloric efficiency to support overall wellness contributing to the body's necessary fiber & veggie requirement
Health Starts in Your Gut.

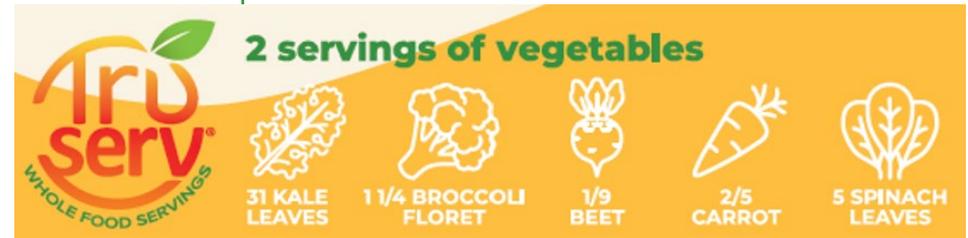
Feeds your gut (body's "2nd brain") the right diet of pro & **prebiotics/fiber** and digestive enzymes to support a healthy gut ecosystem that optimizes digestion, absorption, and transmits proper health messaging (**gut/organ crosstalk¹**) throughout the body while offering relief from common stomach discomforts.

- Supplies **6gms of fiber (prebiotic actions)**, 6-strain Probiotic Blend 10billion CFUs, 10mg Digestive Enzyme Blend



A blend of heart healthy vegetables/greens with added skin protection and ingredients to improve overall health, promote longevity and reduce the impacts of aging

- TruServ Veggie & TruServ Greens Blends, equivalent to 2 full servings of vegetables providing rich nutrients that support healthy body maintenance and help reach the recommended daily vegetables servings by delivering the true synergy of natural foods



¹Percentage of the population likely to experience the benefits of TruServ's VMs are actualists of all human metabolism. VMs from food is what the body gets. GAP. VM RGA is what it can use to maximize short & long-term health.

Complete multi-pronged approach *daily performance & protection*



3

Ashwagandha, Turmeric (curcumin) & Mushroom

blend



Solves for:

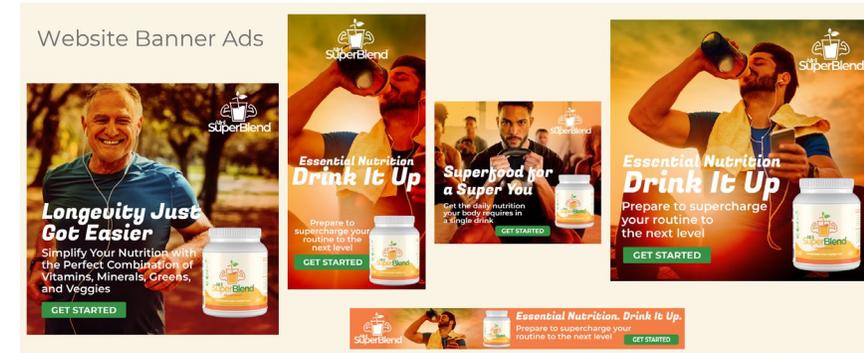
Supplying natural nutrition to help adapt to the stresses of modern life, improve sleep, manage the body's overall inflammation response & protect against cognitive decline

Adds an adaptogenic blend of natural herbs and mushrooms to help your body respond to stress, anxiety & fatigue to create overall wellbeing. The blend helps to optimize all aspects of wellness

- Contains functional amounts of special mushrooms (Ganoderma Lucidum [Reishi] & Chaga with unique skin, neuroprotective & immune support*), ashwagandha [cortisol management] & turmeric (curcumin) adding unique support for brain performance, immune function, inflammation, mood and stress management along with improved quality of sleep

*Terpenoids have been shown to be protective and therapeutically extremely versatile, with effectiveness against several common disorders including age related conditions

Promotional Materials



Click the links into your dotFIT Marketing Console embedded in the next 2-slides, then click any or all the proteins you are highlighting for all related promotional materials including supporting video assets

[WheySmooth](#)
[FirstString](#)
[Pre/Post Workout](#)
[All Natural Whey Smooth](#)
[Best Plant Protein](#)
[LeanMR](#)

1 Pagers

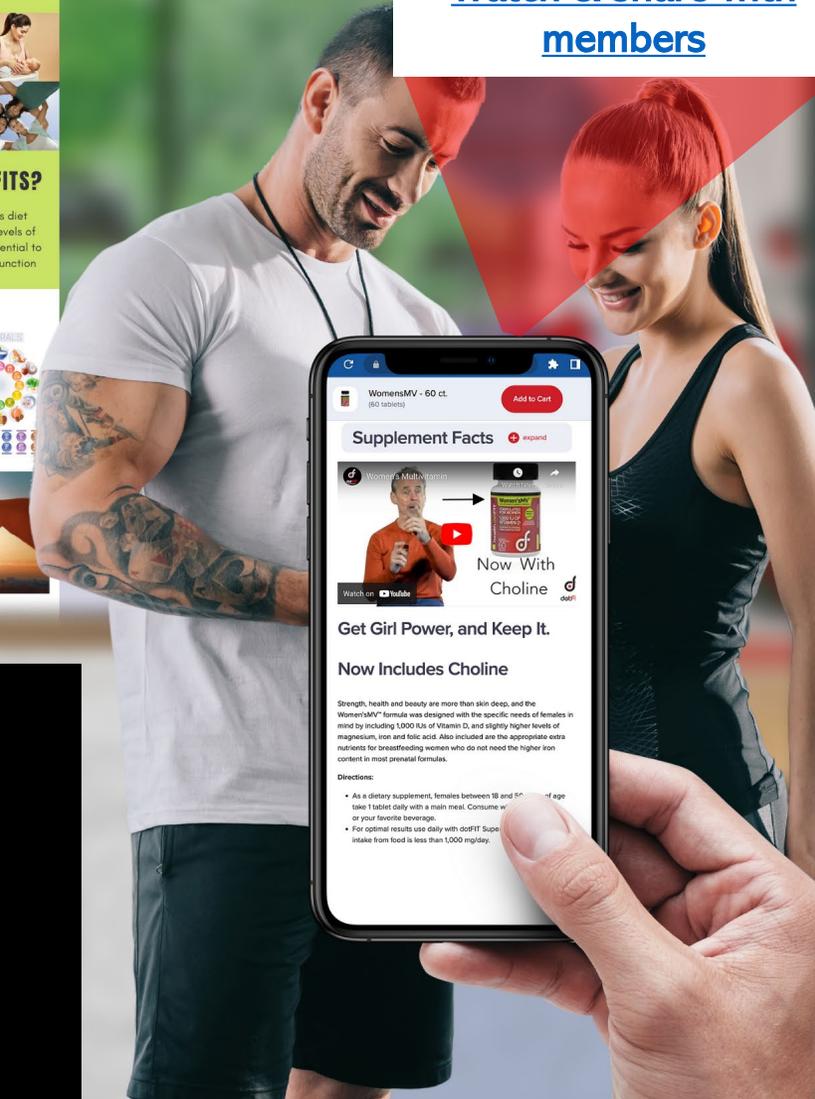
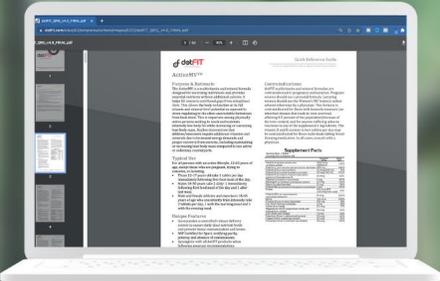
Print and display
consumer friendly
guide

Infographics

Print or
share on social to
educate

Store Description & Video

Watch & share with
members



QRG

Learn product
science, benefits &
unique features on
one page

dotFIT + Digital Marketing Resources

Infographics | Logo | Social Media

One-Pager Flyers | 4 Pillar Posters

4 Pillar Posters

[Display in your club for branding and education](#)

Preserving & Building Muscle Tissue

dotFIT

1 NUTRITION
You can't out-exercise this. Fuel your transformation with foods you actually enjoy.

2 EXERCISE AND MOVEMENT
Customized workouts stimulate progress and keep your body changing.

3 SUPPLEMENTATION
Customized workouts stimulate progress and keep your body changing.

4 COACHING & ACCOUNTABILITY
Regular feedback makes all the difference. Our Coaches will get you there.

Nutrition is 100% responsible for exercise-induced results. If you don't eat, bad things happen. If you eat the wrong things, nothing happens. There is a right way if you're exercising, you're an athlete, and your body needs to be fueled properly during the other 23 hours a day to maximize results.

Exercise is the body's stimulus for change. Whether you choose strength training, endurance training or a combination of both, there are four variables that will ensure that your body is given the appropriate stimulus for change.

Exercise increases the body's nutrient needs, but it's difficult to meet those needs without gaining weight. Safe and effective supplementation can satisfy your nutrient needs without adding calories, improve your workouts, speed recovery and avoid plateaus.

The right coach can help you get consistent results week after week. Learn how to fit all 4 pillars of a safe, effective program into your lifestyle, how to stay motivated and how to avoid plateaus.

1 Min. Promotional Videos

[Download and display on your club TVs](#)

Infographics | Logo | Social Media
One-Pager Flyers | 4 Pillar Posters

All Marketing Resources

dotFIT Difference Posters (NEW to circulate/post or print any size)

The dotFIT Difference

Efficacy
Dosages and Forms match 3rd Party Clinical Trials

Truth in Labeling
Legal facts based upon Efficacy and 3rd Party Testing

Purity & Potency
Tested from start to finish

Safety
Shown in trials and history, screening and ingredient synergy

Nutrient Delivery
Right place, right time

Personalized Solutions
Unique to your body and goal

Trusted by Professionals
R&D for Nutrition Programs & Products
Largest provider of 3rd party tested nutrition programs & products in the sport & fitness channels including collegiate & pro sports

dotFIT
GROW STRONG.

NSF CERTIFIED SPORT

The dotFIT Difference

Efficacy
Dosages and Forms match 3rd Party Clinical Trials

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